

FORGING THE FUTURE:



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Friday FACTS

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23 February 2001

"Leadership, Partnership, and Championship"

9th Annual National Tri-Service Combat Stress Conference

4 – 8 May, 2001

South Mesa NCO Club, Camp Pendleton, CA

Main Topic Theme:
Suicide Prevention in the Military
And
Critical Incident Stress Management
Basic and Advanced Course
(Conference and CISM Continuing
Education – 26 Credits)

Presentations to cover such topics as:

Why People Commit Suicide presented by world renowned Psychiatrist, **William Glasser, MD**

Scotopic Sensitivity and its Potential Relationship to Suicide presented by **Helen Irlin, MA**, internationally recognized educator, researcher, and scholar

Current Status of Suicide in the Military presented by **COL David Orman**, Army Psychiatry Consultant to the Army Surgeon General

Women's Issues in the Military presented by **LTC Cameron Ritchie, MC, USA**, DoD Program Director, Mental Health Policy and Women's Issues, OSD/HA

Combat Stress Issues presented by **COL James W. Stokes**, Army Consultant for Combat Stress

And More...

Sponsored by:

63rd Regional Support Command, CA
1st Marine Division, Camp Pendleton, CA
Association of Military Surgeons of the United States
Pfizer, Inc.

Conference POCs:

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CREWS INTO SHAPE

Contestants and Leaders:

Starting date for the Challenge is near.... March 4th. All teams need to decide on a name (some that are coming in are creative and really great!) We have 25 teams that have expressed an interest.

Leaders: Have participants complete the Health and Fitness History/Registration Forms and fax those, as well as the Team Roster, and Crews Into Shape Registration Forms to Mary Kay Solera at (757) 444-1345 before the 4th. Make sure your team's members have the needed logs and information they need to track fruits, vegetables, exercise and water. Participants can fill out and return their Contract and Participation Release to you. If you have time, do the 5 A Day survey and mail the forms to Mary Kay at 2510 Walmer Ave Norfolk VA 23513-2617. It can be used as a 1 or 2 page survey, depending on time.

Contestants: If you take this challenge, it can have a major impact on improving your health, as well as putting some fun back into your life. Let's see how we compare to the Coast Guard, who is doing this for 8 weeks. Go to our web and get nutrition recipes, ideas, and resources, as well as fitness ideas. To all, have fun....Good Luck and the Best of Health.



FIT QUEST ..

is a Quarterly newsletter from Navy Personnel Command, Fitness Branch (Pers-651). It is an update on what's happening in the world of Navy fitness and sports, both fleet and ashore. Look for quarterly health tips, a recipe of the quarter, a featured exercise and a highlighted athlete. Go to <http://mwr.navy.mil/mwrprgms/fqflash.htm> to download the first FIT QUEST issue for 2001 (January/February/March). This issue features an article called "Physical Readiness Program in a Nutshell", a nice, concise explanation of the new Navy Physical Readiness Program (OPNAVINST 6110.1F), program components, and associated terminology. The new instruction was signed on 1 May 2000.

NEHC Command Excellence in Health Promotion

Deadline Reminder: Award packages must be postmarked no later than 1 March 2001. POC Sally Vickers at vickerss@nehc.med.navy.mil

Life is 10 percent of what happens to you and 90 percent of how you respond to it!